

After viewing the following TED Talk, "Building Your Inner Coach", <https://www.youtube.com/watch?v=q7a5TIzOmeQ> please complete the following assignment.

I want you to think of yourself in either the role of a coach or the role of a player. Once you have decided your role, I want you to think about what you would like to accomplish. Ask yourself, "what am I trying to accomplish in this role?" Once you have the result that you are trying to accomplish in mind, I want you to think of the process that needs to happen for you to see that result become a reality. Ask yourself, "what is my plan?" "How am I going to make that happen?" After you have that, ask yourself, "What are the character skills that I will need to use and develop?"

In the video, Brett Ledbetter shows a list of Character Skills. They are divided into two categories: Performance and Moral. Please select one skill from each category (one skill from the Performance list and one skill from the Moral list) that you will need to use and develop in order to reach the result you are trying to accomplish.

Assignment:

1. Using complete sentences, tell me what you are trying to accomplish as a player or a coach. (5 points)
2. Using paragraph form (at least five sentences in length), tell me the Performance Character Skill that you need to use and develop to reach your intended result, and how that skill will help you to reach the result you are trying to accomplish. (10 points)
3. Using paragraph form (at least five sentences in length), tell me the Moral Character Skill that you need to use and develop to reach your intended result, and how that skill will help you to reach the result you are trying to accomplish. (10 points)